

# Urbana Senior Center

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## January Program Highlights

### Advanced Directives

What to know more about advanced directives? Do you have questions? Come learn more from Alecia Frisby, Staff Attorney with Legal Aid.

**Date:** Tuesday, January 17

**Time:** 1:00 p.m. **Cost:** Free

### Fraud Awareness

Learn about fraud associated with home improvement scams, telemarketing, and predatory lending. Program presented by Cpl. Corey J. Borns, Sheriff's Office.

**Date:** Tuesday, January 24

**Time:** 6:30 p.m. **Cost:** Free

### Men's Discussion Group

Finally, a group for men only! Discussions may include: current events, movies, books, retirement, family...whatever is on your mind. Coffee provided.

**Date:** Wednesday, January 12 & 26

**Time:** 9:30 a.m. **Cost:** Free

### Blood Pressure Screening

Stop in for a blood pressure check!

**Date:** Tuesdays, January 3, 10 and 31

**Time:** 1:00 p.m.

**Date:** Wednesday, January 18

**Time:** 11:30 a.m. **Cost:** Free

### Painting/Drawing Club

Come paint/draw with us! This is an informal gathering. Learn new ideas and refine your technique. Bring your own supplies (no oils).

**Date:** Wednesdays

**Time:** 9:30 a.m. **Cost:** Free

### Caring for Elderly Pets

Did you know as your pets get older they develop some of the same health issues as older adults? Come learn ways to care for your pets as they age. Program presented by Dr. Nancy Little from Village Vet.

**Date:** Tuesday, January 10

**Time:** 6:00 p.m. **Cost:** Free

### Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. This month Steve Stoyke, the Department of Aging nurse will talk about "Our 5 Senses: how they influence our personality and opinions".

**Date:** Wednesday, January 18

Sign-up by Monday, January 16

**Time:** Noon

**Cost:** \$4.80 (Regular lunch fee)

### Exercise to Video

Fulfill one of your New Year's resolutions at the senior center – come exercise with us!

These videos are made especially for seniors.

**Dates:** Mondays through Thursdays

**Time:** 11:00-11:30 a.m. **Cost:** Free

### Computers

Computers, with high-speed Internet access, are available for use any time the Center is open.

### Drop-in Any Time

Drop-in anytime we are open to use our computers, play a game, have a cup of coffee or tea, read the newspaper, or chat with other seniors.